

TODAY

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## TODAY - October 31, 2014

Loma Linda University Health

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# School of Medicine alumni share their stories of being on the front lines of the war against Ebola

By Courtney Beckwith Haas

Ebola. Not the typical word one thinks of when planning to attend a vespers program at Loma Linda University, but those who were at the special Friday night program in Centennial Complex on October 17 came to learn about Ebola.

More than 640 people showed up in person, and 300-plus watched via live stream to support and learn from Loma Linda University School of Medicine (LLUSM) alumni Gillian Seton, MD, class of 2008, and James Appel, MD, class of 2000, as they presented personal experiences from working in Monrovia, Liberia, during the world’s largest Ebola outbreak.

Viewers of this event remained spell-bound for an hour and a half as Seton and Appel told their stories.

“Food is very expensive in Monrovia,” Seton described. “This is because nothing is grown locally. Everything is shipped in, and many things come from the U.S.—which leads to it being very expensive.”

She continued, “The cost of living is extremely high; for a small apartment with security, the cost is about \$900 a month, which is very high for anyone in the city except foreign nationals. If I had to guess, at least half the population has lost jobs due to the Ebola outbreak. That just gives you the kind of the

environment that we walked into.”

Seton, who has been serving as a deferred mission appointee (DMA) at Cooper Adventist Hospital since February, began the evening by telling what it is like in Liberia, sharing stories of the culture, the people, and the disease that has overrun the country.

When Seton first arrived at Cooper, the outbreak had not yet begun. She believed she would have time to adjust to the culture and settle in, but that never happened. Within a few months, the outbreak had started and she was forced to deal with situations she never anticipated when she signed up to be a DMA.

Seton said, “If you disregard all of the Ebola treatment centers, then Cooper is one of the three hospitals in the city—maybe the country—that was still treating non-Ebola-related issues. Which means we had a lot more surgeries and a whole lot more maternity patients.”

This increase in patients forced the hospital staff to put in place a different strategy. Patients were screened and questioned before entering the hospital. In many cases, local Liberians would put off going to the hospital until it was too late. Admitting these patients would only endanger the lives of others.

So Seton—against her instincts—said she deliberately would wait more than an



Jillian Seton, MD, a deferred mission appointee and 2008 graduate of Loma Linda University School of Medicine, tells of the moment when fellow alumnus James Appel, MD, arrived to help her deal with a heavy load of patients at Cooper Adventist Hospital in Monrovia, Liberia. After the outbreak of Ebola in the city, Cooper Hospital remained open and served as the only health care facility to care for non-Ebola patients in the entire city.

hour to go out to screen a patient because this helped determine who actually needed to be admitted.

“When you reach a breaking point, God usually gives you a break,” Seton said. “One of those times was when James came,

because the week after he arrived we got hit with the most difficult cases, one after the other, and it took both of us to handle it. I made a joke with the nurses that God only gives you as much as you can handle because

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# Heart surgeon Ellsworth Wareham celebrates his 100th birthday with nearly 400 friends and colleagues

By Jiggs Gallagher

Ellsworth Wareham, MD, was lauded and honored on the occasion of his 100th birthday at Loma Linda University Health on the weekend of October 10–11, 2014.

The centenarian heart surgeon, who

in 1963 cofounded the university’s Overseas Heart Surgery Team (now known as the International Heart Institute), was celebrated by upwards of 400 people at a gourmet vegetarian banquet in the university’s Wong Kerlee International Conference Center. The event was sponsored by the School of Medicine.



Ellsworth Wareham, MD, left, visits with retired Greek Orthodox priest Peter Kalellis, PhD, following the October 10 Friday night vespers program at Loma Linda University Church. Kalellis was instrumental in bringing the Overseas Heart Surgery Team to Greece.

The previous evening, a large audience of worshipers crowded Loma Linda University Church to attend a vespers program acknowledging 50 years of service by the team and honoring Wareham for his long career as a surgeon and professor in Loma Linda University’s School of Medicine.

Born in Texas in 1914, Wareham began his medical studies at the College of Medical Evangelists (now Loma Linda University) in 1937, graduating in 1942. He took a two-year internship in Seattle, Washington, and served in the U.S. Navy toward the end of World War II, performing surgeries on a destroyer in rough seas near the Philippines.

Wareham returned to LLU in 1947, and to a two-year surgical residency at Glendale Adventist Medical Center near Los Angeles, where he met his wife of 64 years, Barbara. After another residency in New York City, he returned to White Memorial Hospital (now White Memorial Medical Center) in Los Angeles in 1955, and later moved permanently to Loma Linda.

The Overseas Heart Surgery Team, founded in 1963, has performed more heart surgeries in more nations than any similar organization on record.

Saturday evening’s festivities began with an hors d’oeuvres reception and opened with remarks by Roger Hadley, MD, dean

of the School of Medicine. Many video tributes were interspersed with comments by Wareham’s fellow heart surgeons, former students, and others.

Dan Buettner, author of “The Blue Zones: 9 Lessons for Living Longer from Those Who Have Lived the Longest,” toasted Wareham, who was the subject of one of the chapters in Buettner’s book and a model of longevity among Seventh-day Adventists living in the Loma Linda area.

Leonard Bailey, MD, founder of the infant heart transplant program at Loma Linda University Health in the 1980s and a professor of surgery in the School of Medicine, said in praise of Wareham, both his colleague and mentor, “I’m eager to see what you will do in your next 100 years.” Bailey gently ribbed the guest of honor, saying, “You’ve accomplished so much in the course of your life—but then you’ve had 100 years to do it all, so why should I be impressed?”

Peter Kalellis, PhD, retired Greek Orthodox priest, told his story of hearing about the international trips made by the heart team in the 1970s, and how he made an appointment to ask Wareham if he would bring the team’s expertise to his native land of Greece.

Wareham said yes, and asked Fr. Kalellis

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# Many Strengths. One Mission.

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## Paralympics bronze medalist shares personal journey at PossAbilities luncheon

By James Ponder

Amy Purdy, the 2014 Paralympic bronze medalist in snowboarding who recently won the runner-up position on season 18 of “Dancing With the Stars,” told an enthusiastic crowd at the Loma Linda University PossAbilities Road to Rio Sports Luncheon that she doesn’t let disability—she is, after all, a double amputee—interfere with a life of fulfillment and creativity.

The event was held on Wednesday, October 8, in the Wong Kerlee International Conference Center.

Striding confidently across the stage, Purdy shared her remarkable story of recovery from bacterial meningitis.

After coming down with what she dismissed as flu-like symptoms at the age of 19, Purdy lapsed into septic shock, which ultimately resulted in the loss of both legs, both kidneys, and her spleen. But as she recovered in bed for a month, Purdy made up her mind to create a brand new future for herself.

By focusing on opportunities rather than limitations, she realized that she had new options in life. She could, for instance, wear short prosthetic legs when spending time with her vertically challenged boyfriend and taller legs when she went out in public.

Purdy also shared her journey both to the 2014 Paralympics in Sochi, Russia, and her experience on Season 18 of ABC’s “Dancing With the Stars.”

While still in Russia, she learned that she had been selected to join “Dancing With the Stars.”

At her first practice with professional dancing partner Derek Hough, she quickly realized that her prosthetic legs would never work for the dance moves she would need to master.

While the other contestants worried about outfits to wear for the next dance routine, Purdy was busily improvising/designing a new set of prosthetic legs that would allow her to accomplish the moves of her next dance routine.

Purdy concluded with a suggestion on

how to face difficult circumstances. Instead of looking at challenges as bad or negative, one should condition oneself to see them as blessings—as opportunities to build a positive and creative future. Purdy has certainly done that for herself.

Members of the audience—many of whom also have disabilities as well—exploded in appreciative applause after hearing her inspirational message.

Garry FitzGerald, MD, left, vice president for business development at Loma Linda University Health Care, commends Paralympic medalist, “Dancing with the Stars” runner-up, and double-amputee Amy Purdy on her outstanding presentation at Loma Linda University PossAbilities Road to Rio Sports Luncheon, held October 8 at Wong Kerlee International Conference Center. ▶



## School of Medicine alumni share their stories of being on the front lines of the war against Ebola ...

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as soon as James came, all the trouble followed. Then he could handle it.”

Following Seton’s presentation, Appel discussed his experience and how he would solve the problems of the Ebola outbreak if given the opportunity.

Appel began as a DMA working in Tchad 10 years ago, and has been serving at various hospitals ever since. When he received the call to go to Liberia, he thought about it, discussed it with his wife, and made the decision to go.

“I lived under constant fear of Ebola,” Appel said. He went on to say that, in all his years working in Africa, this was the only thing that had ever frightened him. He discussed why fear is a part of the problem with the disease.

Appel mentioned that he believes the ineffectiveness of the response to the Ebola crisis has been due largely to the fact that people are afraid. “I think it’s a deeper problem,” Appel said. “It’s a spiritual problem. In America, we’ve bought into the ideology of self-preservation.”

Appel insisted, “This is in direct opposition to one of the core concepts of

Christianity. Jesus promoted self-sacrifice as opposed to self-preservation.”

Both Seton and Appel went on to discuss what should be—or possibly could be—done to stop this outbreak. Their final statement: there is no way to get ahead of this disease. “At this point,” Seton conceded, “we are never going to catch up. It is too late. There are precautions that can be taken to ensure your safety, but at this point, unless everyone in Liberia begins to implement these safety precautions of washing hands, wearing protective gear when treating sick relatives, and cleansing everything with bleach, no progress will be made.”

Appel ended by reading John 15:12-13: “My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friend.” Then he said, “Let’s fight Ebola. Let’s not love our lives until death. Let’s be willing to sacrifice our lives if necessary for the common good of humanity. Let’s help save our West African brothers and sisters by showing the greatest love there is and in the end, maybe we’ll save ourselves.”

To view this vespers program, please visit [www.ahiglobal.org](http://www.ahiglobal.org).



As the Ebola outbreak gained momentum, Cooper Hospital was the only one in Monrovia treating non-Ebola emergencies, Seton said. She worked 24/7 to try and keep up.



Appel asked himself, “Is my life worth more than a Liberian?” He thought about how Jesus was more interested in helping others than His own self-preservation.

## Heart surgeon Ellsworth Wareham celebrates his 100th birthday with nearly 400 friends and colleagues ...

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to arrange seven airline tickets for the team to fly to Athens. The priest contacted the president of Olympic Airlines, a subsidiary of Greek shipping magnate Aristotle Onassis’s financial holdings, for donation of the tickets. He was turned down, but his persistence paid off later, and the tickets for the team were arranged.

After the successful surgery trip, Kallelis asked Wareham again for another visit, saying he knew of at least 800 people in Greece who needed the lifesaving open heart surgeries. Wareham again said yes, and this time asked for 12 tickets. The resourceful priest wrote to Jacqueline Kennedy Onassis in New York, asking her to intervene with her husband to cover the cost of the tickets. She did, and the trip was arranged. The relationship led to Onassis’ funding millions of dollars to build a seven-story, 100-bed heart hospital in Athens a

few years later. The Onassis Cardiovascular Surgery Hospital soon grew to perform 2,000 surgeries per year.

“I am 88 years old now,” Kallelis told Wareham from the dais. “I wish you a happy 100th birthday this evening, and I hope you will attend my 100th birthday in 12 years!”

Other tributes to Wareham’s vision, excellence, foresight, kindness, and generosity came from Donald Wilson, MD, a cardiac surgeon born in Australia who originally wanted to be an orthopedic surgeon but was recruited to thoracic surgery by Wareham; Joyce Johnston Rusch, RN, who was Wareham’s longtime surgical nurse and team leader (she said, “I never once saw him angry at anyone over anything”); and Mohammad Al Fagih, MD, of Saudi Arabia and Ming Lu Huang, MD, of Taiwan, both of whom were trained by Wareham.

Wareham entertained the audience by introducing his five children, their

spouses, and many grandchildren who were there to celebrate with him. His humor and sharp stage presence were appreciated with much laughter.

At the end of the evening, Wareham was photographed with 18 men who trained under him or served residencies supervised by him.



During the Saturday evening birthday banquet, a group of 18 physicians who trained under Wareham gathered for group photo.





Leonard L. Bailey, MD, congratulates Takkin Lo, MD, MPH, for two awards made to LLUMC and LLUCH, presented during The Donation & Transplantation Symposium, organized by OneLegacy.

# Loma Linda University Health recognized for transplantation and organ donation

By Larry Kidder

Loma Linda University Medical Center and Loma Linda University Children’s Hospital were both recently recognized by the United States Department of Health and Human Services as well as OneLegacy, headquartered in Los Angeles.

OneLegacy is a non-profit organization dedicated to saving lives through organ and tissue donation in the seven-county greater Los Angeles area.

The organization has a membership of more than 200 hospitals, 11 transplant centers, and a diverse population of 19 million, making it the largest organ and tissue recovery organization in the world.

In addition, both LLUMC and LLUCH

were recognized during “The Donation & Transplantation Symposium,” held October 21 at the Fairplex Conference Center in Pomona.

Leonard L. Bailey, MD, infant heart transplant pioneer and chief of cardiothoracic surgery at LLUMC, was given the honor of presenting the awards during the 2014 hospital awards and 2015 Donate Life Rose Parade float unveiling at the symposium.

Bailey received a standing ovation when he was introduced.

He particularly enjoyed presenting an award for the “most livers transplanted over [a] 12-month period” to LLUMC representative Takkin Lo, MD, MPH, director of hyperbaric and wound medicine, and pulmonary and critical care medicine.

A third “Process Excellence” award recognized both LLUMC and LLUCH for a “conversion rate greater than 75 percent, with a successful DCD program (greater than 10 percent DCD), 6-plus eligible.”

LLU Medical Center is among 237 health care organizations nationwide designated as a “Silver Medal Hospital” by the Department of Health Human Services, in recognition of excellence in both organ procurement and transplantation.

“These 237 hospitals achieved 75 percent or greater collaborative conversion rate, and one of either 10 percent or greater donation after circulatory determination of death (DCD), or 3.75 or greater organs transplanted per donor or greater (OTPD),” according to the Health Resources and Services Administration.

# Shark survivor Mike Coots fights to save sharks and help amputees

By James Ponder

He didn’t see it coming. One moment, the 18-year-old Kauaiian surfer was paddling hard to catch a wave; the next, Mike Coots was fighting for his life as a large tiger shark rocketed up from the depths and chomped down on his right leg.

“I was pretty much looking at the shark in my chest,” Coots recalls, identifying the hungry predator as a tiger because of its large square jaw. “I just got this creepy feeling of ‘Get away from me!’”

When reaching inside the shark’s mouth to extract his leg didn’t work—the shark’s teeth split his finger open “like a potato”—Coots instinctively and repeatedly punched the hungry animal on the nose with his left hand.

Some shark experts caution against this maneuver, saying it’s hard to find the

shark’s nose in the middle of a frenetic attack, and that it’s dangerously close to the shark’s mouth. They advise jabbing the shark in the eyes or gills instead.

But according to George Burgess, director of the Florida Program for Shark Research and the International Shark Attack File at the University of Florida, Coots did the right thing.

In an article—online at <http://animals.howstuffworks.com/fish/sharks/poking-shark-eye1.htm>—Burgess notes that sharks have small electrical receptors called ampullae of Lorenzini on the tips of their noses, and that smacking the snout can result in a temporary unpleasant sensation that distracts the shark long enough for the swimmer to escape.

“As soon as I punched it,” Coots recalls, “it released its grip and just disappeared.”

When the animal left, Coots warned a nearby surfer to get out of the water before

paddling for shore himself. Moments later, he lapsed into shock.

Bystanders helped him out of the water, called an ambulance, affixed a tourniquet to the severed stump of his leg, and offered an urgent prayer for his survival.

“I passed out as soon as we got to the emergency room and I met the doctor,” he remembers.

Fast forward 17 years and a slender, energetic Coots is talking to guests at the Loma Linda University PossAbilities Road

to Rio Sports Luncheon, which was held Wednesday, October 8, in the Wong Kerlee Conference Center. He wears the prosthetic leg and foot that enable him to walk, run, surf, and swim. The topic is favorite: the need to protect sharks from aggressive humans.

“The campaign to save sharks is going really well,” he says. “A few years past, we did a lot of political maneuvering to get shark-finning outlawed in this country.”

He explains that the practice of cutting off the dorsal fins of living sharks to make shark fin soup is responsible for the deaths of more than 100 million sharks each year. Other human uses for shark products have a similarly devastating effect on shark populations.

“People used to believe that taking shark cartilage was an effective anti-cancer agent,” Coots observes. “Recent studies, however, have shown that it is actually quite bad for your health.”

If saving sharks seems like an ironic obsession for a man who almost became a shark fatality, Coots explains the origins of his passion.

“Growing up and living in Hawaii, I have become a bit connected with the ocean, and it’s important that sharks remain part of the marine ecosystem in order for it to stay healthy,” he says. “Given the unique situation I am in as a shark attack survivor, why not use the unfortunate incident to help a cause I believe in?”

Coot says the fear of sharks holds a disproportionate place in the public imagination and the facts support his assertion. According to the International Shark Attack File, there were 72 unprovoked shark attacks on humans worldwide in 2013, and only 10 of those individuals died.

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Professional surfer and marine enthusiast Mike Coots says sharks must be protected if the oceans are to survive. He recently helped legislation pass that outlaws cutting off shark fins for shark fin soup in the United States.

WARREN MILLER'S

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Surfer, photographer, shark survivor and advocate Mike Coots shared his love for the ocean with the audience at Loma Linda University PossAbilities Road to Rio Sports Luncheon, which was held October 8 at Wong Kerlee International Conference Center. Despite losing his right leg to a tiger shark, Coots is not afraid of large oceanic predators.



## Innovation seminar speaker explains novel approach of spiral thinking

By Larry Kidder

Most people think in a linear way, planning for what will come next, and what comes after that. Experience designer Ed Goodman suggests a more creative approach to problem-solving known as spiral thinking, where one starts with best-case outcomes and then figures out how to achieve them.

He explained his use of spiral thinking in designing living spaces ranging from city blocks to entire towns during an address titled "Intentional Design for Healthy and Sustainable Communities," presented September 25 at Loma Linda University's Centennial Complex.

Goodman is chief experience officer for Spiral Experiences, LLC, centered in Fort Collins, Colorado. His presentation on September 25 was sponsored by Loma Linda University Health's Center for Strategy and Innovation.

"The healthy communities movement isn't about minor incremental changes," Goodman shared. "It's a paradigm shift that involves engaging communities in a vision for a better, healthier future."

He added, "This can't be described in a detailed plan but in a common passion for creating communities where we all have a purpose and sense of belonging."

Goodman applies the principles of spiral thinking to his project designs. His primary objective is to create active communities

that encourage principles of good physical, mental, and social health by their very design.

So what is spiral thinking? Goodman starts with dreams. Community representatives are encouraged to share their dreams of what their ideal community would look like. Once a shared vision emerges, participants are asked to offer ideas for how to achieve the ideal community. The one rule: every idea is valid and given fair consideration.

Community participants then sift through the ideas and identify shared priorities, until a collection of practical and attainable proposals emerges. These are integrated into the community design. The final step is to implement the ideas.

Goodman describes downtown Fort Collins as a place where the principles of spiral thinking have been applied.

"Downtown Fort Collins is always full of people," Goodman points out. "When we first set about recreating our downtown area, which was experiencing urban decay, our critics doubted our chances for success."

Today, the downtown area is thriving. "We designed a downtown where activities draw people to participate," Goodman details. "Events and entertainment meet many tastes, streets are pedestrian-friendly—full of shops and vendors, and the environment promotes family and community."

Goodman went on to describe another community he designed from the ground up, working closely with developers.

Here are characteristics of Goodman's

new community. All shops and venues are within a 15-minute walk for most residents, including performance and entertainment facilities. All utilities are provided to residents and businesses free of charge through solar, wind, and natural gas wells on the property.

All trees on the streets and properties are fruit- or nut-producing, and are available for residents to harvest. In addition, community farms are maintained and residents have first access to crops produced. Remaining crops are commercially harvested and sold, producing revenue for the community.

School facilities in the city are designed to accommodate elementary and high school students during the day, and university and adult educational programs in the evenings.

Residences range from million-dollar single-family homes to small apartments that require low rent, attracting residents from all socioeconomic backgrounds. The city serves as its own municipality, staffed by community residents, providing utilities

and other residential and commercial services. Prominent biking routes, along with pedestrian-friendly walkways, ensure that the entire city is fully accessible without the need for automobiles.

Sound like a utopia? The process of acquiring commitments from future residents and businesses is already underway. Goodman and his fellow developers are confident that potential residents and businesses will line up to be a part of this new community.

"Not every community can be designed from the ground up," Goodman explains, "but communities can apply the principles of spiral thinking in reshaping themselves to promote togetherness, activity, and health."

Dora Barilla, DrPH, MPH, assistant vice president for strategy and innovation, Loma Linda University Health, is applying the principles of spiral thinking in developing strategies to help surrounding communities improve themselves.

"It's important for members of our local communities to voice their dreams for the future," Barilla says. "Our job is to help them design and implement ideas to make their dreams come true, helping them with new mental models, education and resources."



Experience designer Ed Goodman describes Watertown, an area in metropolitan Denver that he created out of a former gravel pit. This new community now includes shops, entertainment venues, restaurants, condominiums with a view of the water, and more.

## 'A Walk to Remember' draws grieving families

By Jiggs Gallagher

An estimated 1,500-plus people, most grouped in families with many small children, participated in the ninth annual "A Walk to Remember" on the Loma Linda University Health campus on Sunday, October 12. The ceremony, organized by staff from Loma Linda University Children's Hospital NICU, memorializes infants and children lost to the families.

After registering and receiving t-shirts and other materials, the walkers entered Loma Linda University Church to participate in a solemn but uplifting service.

The program featured music, a liturgy, special prayers and a keynote address by author Angie Smith of Nashville, Tennessee, who lost her prematurely born daughter, Audrey, six years ago. Her child lived only two and a half hours.

"This is the club no one wants to belong to," Smith said through tears, which were matched by tears in the audience. "They

weighed Audrey when she was born, and her weight was 3 pounds, 2 ounces. It comforted me somewhat that my baby had a weight in this world," Smith added.

Sign language interpreter and interpretive dancer Daphne Hunter presented an artistic dance illustrating the song, "I Will Carry You."

Then the organizers from Loma Linda University Children's Hospital distributed gifts to each family as their child's name flashed on the large screens at the front of the church.

First names like "Faith," "Grace," "Strength" and "Chance" appeared in beautiful script on the screens as soft music played. Many women stopped to hug Angie Smith in thanks for her presentation as they moved back to their seats.

Outside, a bagpiper in full regalia playing "Amazing Grace" walked through the crowd as white doves were released. Then the large group began their quiet walk through Loma Linda, "taking steps for the children who can't."



These two were among the 1,500-plus people who walked to remember lost infants and children.



A bagpiper in full regalia played "Amazing Grace" as he walked through the crowd.

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Open Enrollment November 1 thru 15, 2014

Loma Linda University Health Employee Benefits Fair Sponsored by Talent Management Services

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7:30 am – 12:30 pm | Medical Center  
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2:30 – 4:30 pm | Heart & Surgical Hospital

**Wednesday, November 5, 2014**  
7:30 am – 12:30 pm | East Campus

2:30 – 4:30 pm | BMC Gym

**Thursday, November 6, 2014**  
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# Loma Linda University Health works to create strong health-care leaders in China through executive certificate program



A large group of Chinese health-care executives recently completed the fifth of six modules toward their health care leadership certificate, taught by Loma Linda University Health leaders and educators. The primary objective of the certificate is to incorporate Western theories and practices into the management of Chinese hospitals like Sir Run Run Shaw. Cari Dominguez, PhD, MA, seated fourth from right, and Toni Woolsey, MS, seated fourth from left, were co-instructors for the fifth module of the executive health care leadership certificate.

By Courtney Beckwith Haas

For the past 20 years, Loma Linda University Medical Center has been working in collaboration with Sir Run Run Shaw Hospital, located in Hangzhou, China.

Throughout this span of time, much has been shared and learned by each institution, but one thing in particular has been emphasized over the past few years: the importance of having strong executive health care leadership.

In September of 2012, a class was established that would provide this type of training to hospital administrators in China.

Loma Linda University Medical Center, Sir Run Run Shaw Hospital (SRRSH), and Novartis, a leading drug manufacturing company, collaborated to create the executive health care leadership certificate program that consists of six modules scheduled for completion in November of 2014.

The primary object was to provide practical health care leadership education for hospital executives in China by incorporating Western theories and practices.

On September 19, 2014, Cari Dominguez, senior vice president, and chief talent and diversity officer, and Antoinette (Toni) Woolsey, MS, director of employee relations and employment, took on the roles of educators and went to China to teach the fifth module.

Dominguez agreed to be a part of the program in late 2011 and when she said yes, the idea was just a distant thought. “Before I knew it, it was 2014 and time to go,” Dominguez laughs.

Module 5 consisted of information about creating and leading high-performing teams, and communication and engagement. Dominguez and Woolsey took initiative to make sure that their attendees were engaged in the program through case studies and interactive sessions.

“My role focused on human capital and high performance teams,” Dominguez remembers. “Behind systems and services are people, and people are the most valued asset that any organization can have because they are the ones that drive everything. They drive strategy, services, products, and ideas.”

Because of how essential this topic is to the success of any organization, this module was positioned right at the core of everything else. It is the foundation for everything from financial performance and quality work to safety and strategy.

“You can not do any of those things unless you have people,” Dominguez points out, “the right people in the right places.”

One thing Dominguez wanted attendees to take away from the course was the importance of having strong leadership and a strong team that works together.

“Aside from key points addressed, they used and presented massive case studies and stories to reflect them,” explains Sherry Sun, director of the SRRSH Center for International Collaboration. “They also asked the Chinese executives to come up with their internal and external problems from human resources. The two ways of teaching and learning made the executives active and engaged.”

Sun went on to say that this was one of the most successful modules they have had yet. The final module will take place in November 2014 and will provide the participants with a certificate that showcases their achievement of completing the six-module program.

Woolsey comments, “I think the biggest blessing [for me] was to see and learn with the people at SRRSH in addition to being there to share our knowledge.”

# What's Your Plan?

*“My husband, Richard, loved being on the faculty at the School of Public Health. Our charitable gift annuity was set up to help the school and its students.”*  
— Emily Hammond

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LOMA LINDA UNIVERSITY  
HEALTH



## Senior Health and Fitness Fair draws 2,000 area seniors

By Larry Kidder

Approximately 2,000 seniors from surrounding communities stopped by Loma Linda University Drayson Center on October 22 to take part in the 12th annual Senior Health and Fitness Fair.

The theme was 1950s “Happy Days are Here Again.” Drayson Center senior wellness program staff and volunteers dressed in bobby socks, poodle skirts, letterman sweaters, and saddle shoes.

Opsahl gymnasium was alive with 1950s music, including sentimental renditions by the Velvet Frogs Barbershop Quartet. Outside, a dozen restored classic cars drew attention as guests reminisced about old times.

Guests were treated to nearly 90 booths featuring a variety of services and products targeted to seniors, as well as entertainment and activities ranging from floor and chair aerobics to a Tai Chi demonstration.

The fair took place from 9:00 a.m. to 1:00 p.m. Health screenings and assessments included respiratory, coronary, orthopedic, diabetes, blood glucose, cholesterol, PSA,

body composition, and more.

Omnitrans, the Riverside Transit Agency, Premier Medical Transportation, and the South Coast AQMD were on hand to talk about transportation.

Guide Dogs of the Desert brought several canine partners to interact with fair attendees. Complimentary popcorn proved to be a major attraction. Drawings and door prizes throughout the morning added another level of excitement.

A prayer station provided a spiritual perspective for attendees. County services for seniors were well-represented, as well as non-profit and for-profit senior health-care services.

“This is one of our most successful health fairs ever,” says Romy Niblack, senior wellness program coordinator. “We had so many pleased seniors who truly enjoyed themselves.”

“Our seniors represent one of the largest groups that use the Drayson Center,” comments Donald Sease, MBA, director. “We are happy to play a role in keeping our seniors in the community healthy and independent.”



Senior wellness program volunteers hand out complimentary popcorn to seniors attending the 12th annual Senior Health and Fitness Fair. Romy Niblack, right, senior wellness coordinator at LLU Drayson Center, organized the event and leads the senior wellness program.



The Velvet Frogs Barbershop Quartet serenades a senior health and fitness fair attendee, much to her delight.



A dozen classic cars, some of them from the 1950s, were on display outside Drayson Center's Opsahl Gymnasium.

## Shark survivor Mike Coots fights to save sharks and help amputees . . .

*Continued from page 3*

By comparison, the World Health Organization reports 1.24 million road traffic deaths that same year. In other words, the average person is 124,000 times more likely to die from an automobile accident than shark attack.

Coots put his recovery time to good use.

“I got into photography as sort of a healing process during the recovery from the attack,” he reports. “The more I shot, the more I loved it. It’s an incredible medium that can tell so much. I love shooting in the ocean; it is always changing. Lighting, swells, winds, the fluidity of it makes it always new and fresh. You jump in the water to shoot one thing, and always end up coming out with something different but often better.”

While he respects sharks and tries to observe common sense safety precautions when he’s in the water—which is a lot—Coots has no fear of the large marine predators. The biggest trauma he experienced after losing his leg was not being able to get back in the water as soon as he wanted.

“I’ve had close calls with sharks since then,” he reports, “but I never feel any fear around them. Recently, I was spearfishing off Guadalupe Island when I dropped my spear. It made a tinkling sound as it hit the ocean floor.” Somehow, the sound excited a large great white shark that subsequently turned and headed straight toward Coots. To fend it off, Coots thrust his empty spear gun aggressively toward the shark and stood his ground. Fortunately, the animal turned aside at the last moment, grazing him on the arm.

Earlier this month, Coots returned to

Guadalupe to photograph great whites from the relative safety of a shark cage for his burgeoning commercial and editorial photography business. His stunning imagery may be seen online at <http://www.mikecoots.com/index.php>.

On October 9, the day after he left the Loma Linda event, Coots joined his lifelong friend Bethany Hamilton—also a surfer and shark survivor—at the Beautifully Flawed Retreat in Del Mar, California. Coots and Hamilton conducted a surf camp

for young women ages 17 to 26 who have suffered the loss of a limb.

In addition to sharks, Coots enjoys advocating for people with disabilities.

“I would really like to use social media as a outreach tool to show amputees what you can do with a prosthetic,” he shares. “There really are no limits to it. This is the best time in the history of the world to be an amputee.”

Despite his dauntless bravery, Coots doesn’t live entirely without fear. The one

thing that scares him is that he might lose his Ossur brand prosthetic leg and foot.

“I’m really fortunate to be working with Ossur,” he says. “I depend on it to walk, to run, and to swim. My biggest fear is losing it.”

He concludes on an optimistic note.

“The winter surf season in Hawaii is coming up,” he notes. “I have a great new quiver of boards, some exciting new feet, and the surf stoke of a child eagerly awaiting the swells. It will be fun! I feel like the most blessed amputee in the world.”



This photo of a great white shark coming up for a bite of a large bait fish was captured by shark survivor Mike Coots in the waters off Guadalupe Island, 150 miles west of Baja California, Mexico. In spite of having a leg severed by a tiger shark 17 years ago, he now advocates for the protection of sharks, vital links in the ocean food chain. (used with permission from Mike Coots)



# Sixteenth annual Cops for Kids Fly-In brings together law enforcement officers and children



By James Ponder

Helicopter and motorcycle engines thundered and roared as scores of law enforcement officers from agencies around the state of California converged on Loma Linda for the 16th annual Cops for Kids Fly-In.

In the left photo, Loma Linda University Children's Hospital patients, parents, and siblings gathered on Thursday, October 23, for the annual event, which brings law enforcement officers to mingle with the young patients, as well as give them toys.

In the right photo, a Loma Linda University Children's Hospital patient was all smiles as he perched in the cockpit seat of a police helicopter.



# Little Heart Warriors donation will help moms and dads rest easier as they watch over their little ones at LLUCH

By Nancy Yuen

At a time when most moms-to-be are planning a baby shower, Camille Gentry was searching the Internet for medical terms and heart surgeons. Camille had learned during her fifth month of pregnancy that her daughter, Lauren Hope, would be born with a congenital heart defect called Shone's Complex and would require several open heart surgeries.

By the time she was 6 months old, Baby Lauren had had three heart surgeries. When she turned 1, her mom was able to relax and enjoy her beautiful daughter. Then, after a fourth surgery in 2009, Lauren's condition began to worsen and in late 2010 she was placed on the heart transplant list.

While Lauren waited in Children's Hospital for her new heart, her parents stayed by her side. "More than six months passed," says Camille. "Children's Hospital was no

longer a place we visited for checkup, it was home." On March 3, 2011, miracle of miracles, the family heard the words "We found a perfect heart for Lauren."

Today, "Lauren is a happy, healthy child," says her mom. "Look in her eyes and you see a girl who knows she has a sparkly new heart."

On September 23, Little Heart Warriors came to Loma Linda University Children's Hospital to celebrate a precious donation — \$7,000 that was used to purchase sleeper chairs. The chairs recline, creating a comfortable place for parents to rest while they are visiting their children.

"This special donation," says Jill Payne, MBA, "is helping to create a family-oriented healing environment for parents who are staying with their child during the weeks and months they are in the hospital."

Many of the children present at the celebration received care at Children's Hospital.

They happily climbed into a sleeper chair with an oversize storybook, comfortable and at home.

Little Heart Warriors was created by a group of mothers whose children were born with severe congenital heart defects. They share their stories with others and educate

the community. They also help families who are currently experiencing congenital heart disease. Little Heart Warriors sponsors an Annual 5k and 1k Family Heart Walk; prepares a home cooked Christmas dinner for patient families with children in the cardiac ICU, and hosts a monthly support group.



Present in the Loma Linda University Children's Hospital playroom for the joyful celebration were, from left to right, Heather Sanders, Ryan Fratus, Diana Kay, Lisa Dutton, Katie Wick, and Camille Gentry.

## Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires colleges and universities across the United States to publish interim reports on campus crime activities. Listed below are the crimes reported for Loma Linda University Health for the month of September 2014.

Type of Crime	Number of Crimes	Place of Crime
Burglary motor vehicle	6	Loma Linda Academy; Lot A (3); Lot DC LLUMC Occupational Medicine
Motor Vehicle Recovery	1	Lot A
Auto theft	3	Lot N; LLUMC Front Circle; Lot DP
Threats	2	Lot C; Daniells Residence
Trespass	1	LLUMC
Possession of Controlled Substance	1	ReLive Thrift
Narcotics Code Violation	1	Behavioral Medicine Center
Assault	2	Faculty Medical Offices; LLUMC
Remove Contraband	1	Behavioral Medicine Center
Domestic Violence	2	LLUMC (2)
Vandalism	1	LLUMC
Public Intoxication	2	LLUAHSC Support Services; Mountain View Plaza

You can assist the Loma Linda University Health department of security in maintaining a safe and secure environment by notifying security immediately at extension 9-1-1 if you see or know about a crime taking place.

# Auto dealers donate portion of weekend sales to LLUCH



Several automobile dealers in the Ontario Auto Center dedicated a portion of one weekend's sales in July 2014 to Loma Linda University Children's Hospital (LLUCH). Their proceeds were matched by a local unit of Wells Fargo Dealer Services, and representatives presented LLUCH with a check for \$7,500 on October 27. At the check presentation were, from left: Brett Osborn, general manager, Volvo of Ontario; Marc Santiago, credit manager, Wells Fargo; Paxton Gagnet, general manager, John Elway's Crown Toyota, Ontario; Kelly Phipps, MBA, LLUCH Foundation senior specialist; Jillian Payne, executive director, LLUCH Foundation; Harold Warner, Wells Fargo; Tiffany Hoekstra, senior development officer, LLUCH Foundation; and Earl Reed, general manager, Ontario Volkswagen. By Jiggs Gallagher



# Global Health Care Conference 2014 brings international participation

By Courtney Beckwith Haas

More than 180 hospital administrators from 33 Seventh-day Adventist Hospitals around the world met on the Loma Linda University campus beginning on Thursday, October 20, to learn from each other at the third annual Global Health Care Conference.

The response from attendees? This conference was by far the best one yet, many shared, and the main reason was the opportunity for attendees to fellowship and interact with one another.

Many participants said they especially appreciated the chance to talk about similar successes and failures that they could all learn from.

No matter where they are in the world, the problems are similar, and it is helpful to them to openly discuss their problems and help formulate practical solutions.

Olen Netteburg, a deferred mission appointee (DMA) serving as the medical director at Bere Adventist Hospital in Tchad, Africa, commented, “I enjoy getting to meet new people and interacting with them, and this year there was a lot of that.”

He continued, “I especially enjoyed this conference because I was able to bring a few people with me from Tchad who were able to learn about some of the very issues we have been struggling with at our site.”

According to Cheryl Lake, missions program coordinator for the event, the topics this year were chosen because they offered solutions that were both practical and achievable.

“We tried to provide skills that they can implement while they are here,” Lake shares, “and then continue to use once they have returned to their hospital sites.”

The conference, held from Thursday, October 16, to Monday, October 20, focused on “Embracing the Future.”

Events included vespers programs, days packed full of presentations, and even a visit to the home of Loma Linda University Health President Richard Hart, MD, DrPH.

“This conference is so wonderful,” insisted Cenaida Pannefleck, CEO of Antillean Adventist Hospital in Curacao. “Our hospital is struggling, but I come here and I talk to people and listen, and learn that all over the world, they are experiencing the same things.”

She added, “It lets me know that we are all in this together, and all we can do is pray and try harder.”

In comparison to previous years, conference presenters took a single-track approach. The focus was to provide information that could be implemented in every hospital setting.

This single-track approach allowed for a

consistency in what hospital administrators were learning.

“We tried to have sessions where they could immediately begin to implement the things that they were learning,” Lake explains, “because often when a conference is over, you learn a lot but either you don’t have time to implement it, or you just might not have understood it as well.”

She concludes, “I think it has been really positive, and I’ve seen people talking among themselves. It is really great to see the interaction of the people.”



Richard Hart, MD, DrPH, left, president of Loma Linda University Health, chats with Eli Honore, DrPH, right, an alumnus of Loma Linda University School of Public Health and president of Adventist Health System, Inter-America. Listening in is Joel Mundall, MD, a physician from the Honduras Mission, part of the Inter-American Division of Seventh-day Adventists.



Global Health Care Conference attendees enjoyed a day at the Hart farm in Oak Glen, east of Loma Linda. The farm provided a sunny location for meetings, good food, and fresh mountain air. In the top photo, a participant wanders through the apple orchard. In the two bottom photos, attendees enjoy a break that includes a piece of fresh apple pie and a cup of cider.



Those attending the third annual Global Health Care Conference at Loma Linda University take time gather for a group photo just outside the Centennial Complex, where the meetings and other conference events were held.



# ‘Sail ho!’ LLU students welcome new 2014–2015 school year

By Jiggs Gallagher

Many hundreds of Loma Linda University students enjoyed a beginning-of-school-year social evening and meal on the Loma Linda University Health campus lawn on September 22.

The pirate-themed event featured several elaborate art installations, including a pirate swinging from the mast of his ship. Some students came dressed as pirates, manning informational booths to help launch the new academic year. Others sported LLU T-shirts identifying their specific school.

Other community institutions presented booths as well, including Loma Linda University Church and the local Loma Linda Chamber of Commerce.

“Pirates” enjoyed free food and beverages at the two-hour event.



## Why Charles Stohrer chose Loma Linda University Medical Center for prostate cancer

By James Ponder

For Charles Stohrer, receiving a diagnosis of prostate cancer on February 9, 2014, was a rude, unpleasant surprise.

“I was shocked!” he recalls. “I didn’t have any symptoms, I was in great shape and all of a sudden, there was this blood test that said I had cancer.”

Stohrer didn’t know what to think. The 45-year-old senior design manager, who is easy to mistake for a man in his early- to mid-30s, was an active athlete who works out and runs several times a week. Everyone who knew him considered him to be in the prime of his life. But all of a sudden, he began to wonder if he would have a future at all.

“What bothered me the most was that this happened at such a young age,” he remembers. “My uncle got prostate and testicular cancer, but he was much older than me. I sort of always expected I might get it,

but not so soon.”

His urologist encouraged him to have surgery so Stohrer went ahead and scheduled the operation hoping for the best. Later that day, he sent out an email to several of his closest friends. “Pray for me,” he asked. “I have prostate cancer.”

All of his friends were encouraging, but two of them were especially supportive.

The first was Laura, his girlfriend for the last eight years. “She was great!” he gushes. “Very supportive. She kept telling me we were going to get through this together.”

Ironically, Laura’s father was diagnosed with prostate cancer two weeks later. Needless to say, the two men suddenly had a lot to talk about.

The second friend was Stohrer’s pal Mark Strain from Santa Monica, California. “His father had received proton therapy at Loma Linda University Health 14 years prior,” Stohrer recalls. “He sent me a link to

Loma Linda and some of proton videos.”

Stohrer eagerly read and re-read his friend’s message, checked out the website for the James M. Slater, MD Proton Treatment and Research Center at Loma Linda University Medical Center—[www.protons.com](http://www.protons.com)—watched the videos, and liked what he saw.

The more he learned, the more proton therapy sounded a whole lot better than

*Continued on page 10*

Charles Stohrer, a 45-year-old senior design manager for a large appliance manufacturer in the Midwest, takes a lap around the track at the completion of his painless and successful treatment for prostate cancer at the James M. Slater, MD Proton Treatment and Research Center at Loma Linda University Medical Center. ►





## Why Charles Stohrer chose Loma Linda University Medical Center for prostate cancer ...

*Continued from page 9*

surgery. For one thing, it is painless. For another, it is non-invasive and does not involve cutting of any kind. Nor does it expose the patient to the potentially serious side effects of surgery such as incontinence or impotence. And unlike the conventional radiation therapy that often supplements surgery, the accurate focus and precise delivery of narrow-beam proton technology does not expose the patient to the risk of damage to surrounding tissues and organs.

Stohrer flew into action. "I bought a plane ticket three days after that," he says. "I came out to Loma Linda, met with Dr. Joseph Kang and made up my mind immediately. My surgery was scheduled for March 6, but I canceled it."

Laura used some of her vacation time

to go with Stohrer to his first treatment at Loma Linda on March 10. A picture taken on the patio of a nearby coffee shop depicts the couple sporting nearly identical sunglasses and flashing movie star smiles like a pair of teenagers. She stayed with him the first week before returning to work.

Once he was in the treatment program, Stohrer found everyone to be helpful, but three people were outstanding. One of them was J. Lynn Martell, DMin, director of special services in the radiation medicine department at the Medical Center. The second, Jane Hoag, is coordinator of patient services, and the third, Clyde Marsh, is an alumnus of the program who organizes the Tuesday night potluck.

"That whole 'making man whole' experience is true," Stohrer affirms. "Dr. Martell,

Jane Hoag, and Clyde Marsh are awesome. Some of the best people in the world."

In order to help patients—many of whom travel long distances to Loma Linda, leaving friends and family members behind—feel at home, Dr. Martell hosts a variety of activities, tours, and support groups.

Called the Brotherhood of the Balloon after the inflatable balloon that stabilizes the patient's prostate in place during each treatment procedure, the Brotherhood programs create a spirit of fellowship and camaraderie.

Despite the fact that Stohrer didn't know anyone in Loma Linda prior to starting therapy here, he never felt isolated or lonely.

"Members of the Brotherhood all adopt each other and you are never alone," he insists. "Besides that, I had the best friends a guy could ever ask for, calling, facetimeing, and texting me on a weekly, if not twice-weekly, basis. Care packages and cards were the norm in my mailbox."

For her part, Laura flew back to Southern California and spent 10 days with Stohrer during the sixth week of his 10-week treatment program.

"She is just the best!" he brags. "Just the best girlfriend a guy could ever have. She organized a huge surprise party upon my return home."

Two days after his course of therapy ended on May 14, Stohrer turned 46.

Four months after that, his doctor ordered another PSA test to see if the proton therapy had been effective.

"We were hoping it might have dropped by 30 to 50 percent," he discloses.

Since his initial PSA score had been 4.06, he would have been happy to receive a



Wearing sunglasses in the bright Inland Empire sunshine, Charles Stohrer and his girlfriend, Laura, faced an uncertain future on March 10. At the age of 45, Stohrer was ready to begin a 10-week course of proton therapy for prostate cancer at Loma Linda University Medical Center. Today, he's never been healthier, and credits the James M. Slater, MD Proton Treatment and Research Center for his recovery. He also credits Laura for flying to Loma Linda from the Midwest to encourage him. "She is just the best!" he says.

post-treatment reading in the neighborhood of 2.84 to 2.03.

"We beat it by a long shot," Stohrer beams. "When the score came back, it was 1.56."



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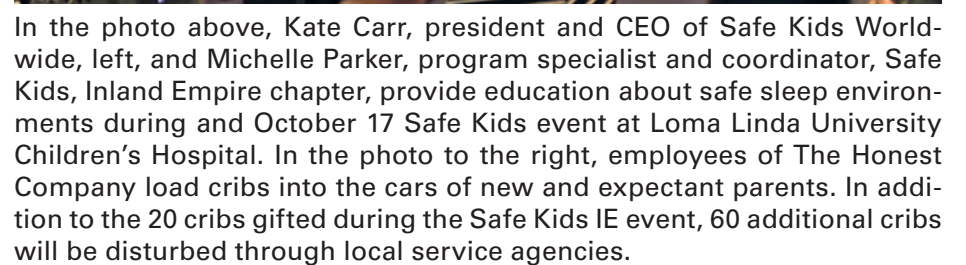
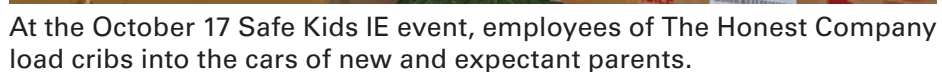
*By Nancy Yuen*

Safe Kids IE is a department within the Loma Linda University Children's Hospital trauma team, and the event helped provide education about how parents and caregivers can help prevent crib death. "Babies should always sleep alone, on their back, and in a crib," she says.

Each year in the United States, about

Then, moms and moms-to-be listened intently as Kate Carr, president and CEO

Training in safe sleep environments by Safe Kids Worldwide and The Honest Company is being held in four California and Texas cities. The program at Loma Linda University Children's Hospital served as the inaugural event.



## A bright orange crescent moon is centered against a solid black background. The moon is in a waxing phase, with the illuminated portion on the right side. The glow is soft and diffused, creating a subtle gradient from a lighter orange in the center to a darker orange at the edges.

Most people probably didn't notice a thing. After all, there wasn't much change in the amount of daylight. But the moon did cross between the sun and earth on October 23, 2014. Eastern portions of Russia and China experienced the partial eclipse in the early morning hours of October 24. North America was affected during the afternoon of October 23, with Loma Linda seeing the most shadow just before 3:30 p.m. PDT. The photo above was taken by public relations writer and editor James Ponder, also an accomplished photographer. Using a special filter designed to allow one to look directly at an eclipse without harm, Ponder shot the image above at 1/4000th of a second exposure. A giant sunspot was visible to the naked eye, but does not show in this photo. The next solar eclipse will take place on March 20, 2015, and will be total for much of the world, including the Western United States. Be sure to mark the calendar. *By Larry Kidder*



**Managing editor/art direction** Larry Kidder, MA  
*lkidder@llu.edu*

## CORRESPONDENTS

Courtney Beckwith Haas <i>cbeckwith@llu.edu</i>	James Ponder <i>jlponder@llu.edu</i>
Marcus Chapman <i>mjchapman@llu.edu</i>	Briana Pastorino <i>bpastorino@llu.edu</i>
Doug Hackleman, MA <i>dhackleman@llu.edu</i>	Heather Reifsnnyder, MA <i>breifsnnyder@llu.edu</i>
Jiggs Gallagher, MS <i>jgallagher@llu.edu</i>	Kathryn Stiles <i>kstiles@llu.edu</i>
Larry Kidder, MA <i>lkidder@llu.edu</i>	Nancy Yuen, MPW <i>nyuen@llu.edu</i>

Have a story you think is noteworthy? Send it to [pr@llu.edu](mailto:pr@llu.edu)

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